Linda and I are sharing some sample recipes from our book *Live Foods Live Bodies*, a 100% vegan and 75% living cookbook we published and is part of our *Live Foods Live Bodies Program* on our website www.jaykordich.com.

These recipes are foods we use every day, and they’re basically the way we live and eat on a daily basis. It’s very important to start your day off with green juices. We also like to use the same ingredients for our evening juice that we use for our super-salads, as it makes it easier to prepare meals. We drink our juice with dinner to aid digestion, as these juices are rich in enzymes to help better our digestive processes.

We also dine on SuperSalads for our evening meals, and—since we are not completely raw—sometimes add spinach tortillas or organic corn homemade tortillas to our salads when we feel like something a bit heavier. In the spring and summer we usually don’t add cooked foods to our salads, but in the fall/winter we will add cooked grains/tortillas/flax crackers to balance off all the tastes and textures.

We hope you like them!
Day 1

Upon Rising
Juice 3 ribs celery, 2 golden apples, one handful of parsley (then wait 30 minutes before eating breakfast)

Breakfast
Chopped fresh nectarines and peaches and slivered almonds placed in a bowl with coconut flakes and fresh almond milk on top. If it’s wintertime, use apples and pears instead of nectarines and peaches.

Lunch
Green Whopper Salad
3 cups organic baby field greens
1 cup organic baby spinach
1/2 cup walnuts
1/2 cup grated carrots
1 cup grated zucchini, yellow or green
1 large beefsteak tomato
1/2 cup green onions
1 cup sunflower sprouts

Fresh Herb Dressing
1 cup unrefined grape seed oil
2 cloves garlic
1/3 cup yellow onion
1/2 cup fresh spinach
1/2 cup fresh parsley
1/2 cup fresh cilantro
3/4 cup fresh dill
1 tbsp. Bragg’s or organic tamari
2 tbsp. balsamic vinegar or apple cider vinegar
1/2 cup purified water (more or less depending on how thick or thin you like it.)
Dash of cayenne pepper
Blend everything together except the oil. Add the oil last slowing pouring it in to help emulsify it.

Dinner
Super-spinach SuperSalad #1
2 cups organic baby leaf spinach
1/2 cup slivered almonds
1/2 cup fresh sliced mushrooms
1/4 cup dried cranberries
1/2 cup julienned & seeded green zucchini and cucumber
1/2 cup diced broccoli florets
1/2 cup organic green olives or kalamata olives
1 large or two medium garlic cloves, crushed
Olive oil with Bragg’s or tamari with a bit of fresh lime juice as your dressing over the top

Juice with Dinner
18-22 carrots, 1 cup parsley, 1 cup spinach, 2 granny smith apples, 1 medium beet

Before Bedtime
chamomile tea and stevia
Day 2

Upon Rising
Juice 2 medium zucchini or cucumbers, 1 cup spinach and 2 pippin apples

Breakfast
Muesli (raw)
1 cup steel cut oats
1 cup purified water
1/2 cup raisins
1/2 cup pitted prunes or dates, chopped
1/2 cup dried apricots, chopped
1/2 cup apple, grated (pippin or granny smith)
1/4 cup raw organic almonds, slivered
3 tbsp. organic honey or agave syrup to taste

Lunch
Tomato and avocado sandwich with slices of Walla Walla onions and cucumber on raw flax bread

Dinner
SuperSalad #2
2 cups baby field greens (purchase in bulk or large plastic containers)
1/2 cup fresh basil, chopped
1 cup romaine lettuce
2 organic beefsteak tomatoes
1/2 cup slivered Walla Walla or sweet onions
1/2 cup tamari-soaked pumpkin seeds
1 avocado, crushed as garnish with pumpkin seeds

Barlean’s flax oil with fresh lemon juice and nama shoyu (raw tamari) or Bragg’s aminos to taste as dressing.

Juice with Dinner
20 medium sized carrots, 2 golden apples, 1 medium beet and 1/2 cup basil

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**Day 3**

**Upon Rising**

Juice 3 ribs celery, 2 apples, 2 medium cucumbers

**Breakfast**

**High Protein Nut SuperSmoothie**

2 tbsp. each sunflower seeds, walnuts almonds
2 tbsp. flax seeds
4 cups pure water
1 cup fresh or frozen berries of your choice
2 tbsp. agave syrup or stevia or honey

Soak the nuts for 15 minutes before blending in purified water. Best to soak them overnight, but 15 minutes will soften them. Blend on hi speed until you are happy with the consistency.

**Lunch**

**Ruby Ambrosia Living Soup**

1/2 cup organic beet
2 tbsp. fresh basil
2 tbsp. raw tahini
2 cloves garlic
1/2 cup fresh lime juice
1 inch fresh ginger
1/2 cucumber, peeled
1/3 yellow onion
2 medium tomatoes, beefsteak or heirloom
1/3 tsp. celery salt
sea salt and organic pepper to taste

garnish with living flax crackers

**Dinner**

**Supersalad #4**

2 cups red or green leaf lettuce
1 cup shredded green cabbage
1/3 cup shredded or chopped Brussels sprouts
1 cup shredded carrots
1 cup shredded jicama
1 cup sunflower seeds

**Macadamia Wonder Dressing**

1/2 cup olive or macadamia oil
1 tsp organic dijon mustard
2 tbsp. fresh lemon juice
4 tbsp. apple cider vinegar
1/4 cup parsley
1/4 cup cilantro
1/4 cup spinach
1 tsp. seasalt
black and red pepper to taste

Add all ingredients together and blend, but leave oil last and blend slowly into the dressing.

**Juice with Dinner**

3 golden apples, 1/2 cup parsley, spinach and cilantro or 4 ribs celery
Day 4

Upon Rising
1 large or two medium leaves of kale, 2 golden apples, 2 cucumbers

Breakfast
Young Baby Coconut Smoothie
Bananas, water and meat of coconut, and blueberries with a shot of activated barley greens or dried wheatgrass or supergreen powders

Lunch
Jay’s Quick Energy Soup
6 medium carrots
1/2 small beet
1 avocado, Haas variety
1 tsp. cumin
1/8 tsp. cayenne or a 1-inch square of fresh jalapeño pepper

Blend until soup reaches a consistency you like...Jay prefers it thick. Garnish with chopped tomatoes, cilantro and sweet onions

Dinner
Jay’s High Protein SuperSalad #4
2 cups ea. romaine lettuce & baby organic spinach
1/3 cup raw cashews
1 grated or julienned carrot
1/2 cup chopped walnuts
1/2 cup minced parsley
1/2 cup raw sunflower seeds
1/2 cup bean sprouts
1 cup lentil sprouts or lentil sprout mix
1 large vine-ripened tomato, chopped
1 small green onion, diced for garnish

Sundried Tahini Dressing
2 tbsp. sesame tahini
1.5 tsp. white or brown miso
2 tsp. fresh lemon or lime juice
1 clove garlic
1/2 tsp. red pepper flakes
1/2 cup purified water
6 tbsp. extra virgin olive oil
8 sundried tomatoes
1 tsp. sea salt or nama shoyu or Bragg’s aminos

Juice with Dinner
20 carrots, 2 medium or small beets, 1 cup spinach, 1/2 cup green cabbage

Before Bedtime
peppermint tea with stevia
Day 5

Upon Rising
2 leaves Swiss chard, 1/2 cup parsley, 2 zucchinis or 2 cucumbers

Breakfast
Fruit Salad
Fresh apples such as Fuji or Rome cut in slivers, fresh pears, raisins, slivered almonds and chopped walnuts. Cover over with fresh almond milk and cinnamon.

Lunch
Super-green Living Soup with living flax crackers of your choice!
Luscious Living Soup
1 cup fresh spinach
1 cup purified water
2 tomatoes, beefsteak or heirloom
2 cloves garlic
2 tbsp. sesame tahini
2 tsp. white miso
2 tsp. salt
2 tsp. black pepper

Blend all ingredients together until desired consistency is achieved and top with living flax crackers. We like it chunky and it’s Linda’s favorite

Dinner
SuperSalad #5 Seaweed Spinach Salad
3 Nori sheets (10”x10” seaweed sheets)
3 cups baby field greens
1/2 cup spinach
1/2 cup sunflower seeds
1/2 cup pumpkin seeds
1/2 cup carrots
1/2 cup zucchini
1/2 cup red bell pepper

Place all ingredients together into a large bowl except for the Nori sheets. Over a gas fire lightly toast the nori sheets until they are shriveled up and easily crumbled over the top of the salad. If you are 100% raw, then just cut up the Nori (raw) and drop into the salad in one-inch pieces.

Basic Dressing
Blend together 2 cloves garlic, a pinch of cayenne, 2 tsps. sesame oil and 1 tsp. fresh tarragon

Juice with Dinner
20 carrots, 1 red bell pepper, 1 cup spinach, 2 pippin or granny smith apples

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Day 6

Upon Rising
1 cup spinach leaves, 3 apples, 1/2 cup fresh fennel or cucumber

Breakfast

Morning Perfection for Digestion
1 young baby coconut (the mineral water and soft white meat only)
1 orange (peeled)
1 inch fresh ginger
1/2 cup fresh lemon juice
dash cayenne pepper to taste

Blend all ingredients to a smooth consistency.

This is a fantastic smoothie for digestion—we have it in the morning when the stomach is rested and it can help heal lesions and nutrify the tummy.

Lunch

Living Celery Nut Loaf
5 stalks celery
1 cup almonds, soaked overnight
1 haas avocado
3 tbsps. onion, chopped
3 tbsps. parsley
1 lemon, juiced without the skin
1/2 tsp. sage
1/4 tsp. paprika
2 tbsp. Jensen’s seasonings, nama shoyu or brown miso

Blend all ingredients slowly until mixed to your liking.

Place nut loaf over romaine leaves and eat as a salad or make a veggie juice with this meal such as: carrots/celery/cabbage.

Dinner

SuperSalad #6: Jay’s Favorite Beet & Apple Salad
1/2 cup chopped organic raw walnuts
2 golden or green apples, cored and diced
4 cups red leaf lettuce or romaine lettuce
1 medium beet, julienned

Dressing
1/3 cup organic walnut oil
3 tbsps. fresh lemon juice
2 tsp. organic mustard
2 cloves garlic
salt and red/black pepper to taste

Blend the dressing, adding the oil last to help emulsify it into the mixture.

Jay sometimes adds pears into this salad in Fall.

Juice with Dinner
20 carrots, 1 medium beet, 3 pippin or granny smith apples
Day 7

Upon Rising
4 ribs celery, 2 cucumbers, handful of fresh wheatgrass

Breakfast
Supergreen Smoothie
3 bananas, 2 tbsps. organic spirulina, 1 ripe pear and any supergreen powders you like. We use activated barley and our own brand of supergreens and berries in a powder form.

Lunch
Living Humus with fresh Green Cabbage Leaves
2 cups sprouted garbanzo beans (sprout them two days prior by soaking in water, replacing the water once or twice a day, away from sunlight. At the end of two days, rinse well and keep refrigerated for three days, max.

3 tbsp. each fresh lemon and lime juice
2 cloves garlic
2 tbsp. sesame tahini
2 tsp. olive oil
2 tsp. curry powder
1/3 cup cilantro or parsley, diced
1/2 cup black olives, chopped
1 tsp. kelp and nutritional yeast
1 pinch cumin
1/2 tsp. red pepper
1 tbsp. nama shoyu, tamari or Bragg’s aminos
salt and pepper to taste

Blend ingredients for approximately 1 minute until it has reached a consistency you like. Pour over opened raw Cabbage leaves and enjoy!

Dinner
SuperSalad #7 Super Cruciferous Salad
2 cups broccoli, chopped into bite size pieces
2 cups Brussels sprouts, chopped into bite size pieces
1 cup Butter Leaf lettuce, loosely chopped. (make sure they are in larger pieces than the broccoli and Brussels sprouts)
1 cup fresh lentil sprouts
1/2 cup fresh mung bean sprouts
1 cup slivered or thinly sliced fuji apple
1/2 cup Raisins, organic

Royal Sesame Dressing
1 cup orange juice, freshly squeezed
1/4 cup rice vinegar
1 tsp. ginger
1 tsp. garlic
1 tbsps. nama shoyu or tamari or Bragg’s aminos
2 tbsps. toasted sesame oil
pinch cayenne pepper

Blend all ingredients, slowly adding oil last.

Juice with Dinner
20 carrots, 1/2 cup green cabbage, 1/2 cup broccoli and 2 apples of your choice

HAPPY MEALS and HAPPY JUICING—ENJOY!
—Jay & Linda